

Counting Sheep Week 1

It's a game changer!



Evaluate Your Sleep

For one week keep your normal routine and answer the following...

- On average how many hours of sleep do you get?
- Are there specific nights of the week where your sleep suffers?
- What is your night time routine (30min to 1hr before bed)?
- What is your wake up routine
- What daily habits do you have that contribute to poor sleep?



How Sleep Deprivation Effects our Bodies (Hormones)

<u>Cortisol</u> levels increase	Appetite Increases
<u>Ghrelin</u> levels increase	Appetite Increases
<u>Leptin</u> levels decrease	Appetite Suppression signal is not received
Insulin secretion decrease	Glucose levels rise & insulin resistance can increase
Thyroid levels decrease	Reduces Metabolic Rate

SLEEP DEPRIVATION FACTS & DANGERS

